



2D INFANTRY DIVISION

FRG NEWSLETTER



April Issue

20 April 2007

LETTER FROM THE EDITOR

Hello, from the Division HQ and Freeman Hall. I hope everyone is happy, healthy and enjoying the beautiful weather we've been having here in Warrior Country. The Division just completed Warrior Focus external evaluations for Battalions from 1st HBCT, 210 Fires Brigade, and 2nd CAB. Of course, any time the maneuver elements of the Division go to the field; parts or all of the Division Special Troops Battalion go along in support, so it has been a busy few weeks. We will conduct our 2ID FRG Steering Committee meeting this week, and we have representatives attending the 2007 Army in Korea AFAP Conference in Yongsan. Next month we will conduct additional EXEVALS, the Courageous Channel NEO exercise, and a Division Staff tactical operations center exercise or TOCEX. Of course, all of you already know just how busy we are; we also know how busy you are, and we appreciate your support and consideration.

This eighth issue of the FRG Newsletter continues the procedure of sending the newsletter without attachments. In a further effort to reduce the size of this mailing to make it easier to receive in your e-mail box, we've only attached the cover page for the FRG newsletter. The remainder is posted on the 2ID website. Hopefully the intro blurbs below will whet your appetite and you can review the full document, and additional information, online. Other information of interest on the website includes a list of Tax Preparation Assistance Centers in Areas I, II, and III, and activity calendars and lists for the areas where you live. To view the files click on this link (<http://www-2id.korea.army.mil/family/events/>). I request that you forward the links for this information to the members of your unit FRG, both here and CONUS. There is a list of FRG events from the Warrior Activities Calendar below. To help you plan and hopefully attend them, we included the dates for our Battalion and Brigade changes of command. If you have other events or information you'd like included, please forward them to your Battalion FRG Leader who will forward them to our Division FRG Liaison.

Thanks for your time and assistance!

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IMPORTANT COMMAND INFORMATION!

2ID Commander's Message: To the Soldiers and Families of the 2nd Infantry Division, I appreciate all the hard work and effort by everyone for making this past year such a huge success for Donna and I. I want to extend my heartfelt thanks to you for all you do and for all you have done in the defense of freedom for our nation and for the Republic of Korea. I salute you and your Families and I hope that each of you have gained something from your Korea experience this year. I would ask that you take that knowledge and growth with you wherever you go. This has been an amazing year and so much has happened, but I want to take a moment to provide you my insight on what I feel are some important topics.

First, the Virginia Tech shooting was a shocking tragedy that we all struggle to understand. I would ask that you keep those who lost their lives and their families in your thoughts and prayers. I would also ask that you keep the young man, who appears to have been the shooter and his family in your prayers as well. It would be irresponsible for any of us to associate anything negative about this situation with our Host Nation just because he has a Republic of Korea heritage. That young man could have been from any background, but in this case – he was born Korean. We should have sympathy for him and his family and not inappropriately associate this with anything negative with our Alliance partners. That would only add to this already senseless tragedy.

Next, let me talk a little about the Training that is ongoing within this division. I am really excited about the division's external evaluation training programs. I have attended two major AARs over the past few days and each one was extremely professional and had the same training values as a Combat Training Center rotation. We are fully leveraging the live and virtual training enablers. Our EXEVAL program will be the centerpiece of our FY 08 training program.

The month of May will be very busy. We will continue with external evaluations, conduct a Theater level exercise - Courageous Channel and also conduct a major Division battle command exercise – War Path 0. Combining all of these training programs with the excellent field and live fire training going on at the battalion and company level makes me very confident in our readiness to fight tonight.

For newly arriving families, our highest priority is the Family sponsorship and orientation program. We will take care of our Soldiers and their Families. We want to ensure we are in compliance with higher's guidance on assimilating them into the division before

thrusting them into the rigorous training and mission requirements of 2ID.

As we all know, with the summer fast approaching, Summer Transitions will be an important focus for this division. My major objective for this summer is to master the summer personnel transitions. We can not afford to have a "Restart" of all of our readiness capabilities. I require high quality continuity folders for all key command and staff positions. I hold senior leaders (LTC, COL & CSM) accountable to me to inspect these folders prior to the authorized PCS of those leaving 2ID this summer. It is our duty to maintain high readiness and master summer transitions.

And last, Summer Safety. As your commanding general and the division safety officer, I require all leaders at echelon to be engaged on safety. My goal is zero fatalities and serious injuries. The commander's and leader's personal involvement sets the tone for success, but total success depends on all of us. The entire chain of command must be engaged and aggressively work to prevent unsafe acts.

The areas we need to focus on are the following:

- **Heat Injuries.** Leaders and Servicemembers must be aware that prevention of hot weather injuries is vital in sustaining combat power. Leaders must be constantly aware of the conditions of their personnel and remain alert for the symptoms and signs of heat injuries. All Servicemembers must be responsible for their buddies' condition as well as their own. Using the composite risk management process to identify the risks associated with any given activity can prepare one to take appropriate actions to prevent warm-weather related accidents and to ensure a happy, accident-free summer season.
- **Monsoon Season and Dangerous Flashfloods.** The destructive weather (monsoon rain & typhoon) season usually begins in late June and continues through the end of September. This weather period presents high risk to both personnel and property. In the past, flash floods and mudslides from monsoon rain have resulted in loss of life and extensive property damage. Leaders should take extra precautions when conducting training exercises during the rainy season.
- **Water Safety.** Serious injuries and death occur when people fail to observe water safety precautions. Water related accidents normally result from poor judgment. The ability to swim is the greatest water hazard

insurance you can have. There is no substitute for knowing how to swim to protect yourself and others.

Let's have a great summer and I look forward to another exciting year with the best Soldiers and Family members any commander could ask for. Second to None!

JAMES A. COGGIN
MG, USA
Commanding

FINISH THE RACE STRONG By CH (MAJ) Joey Byrd, 1HBCT Chaplain. One of the important reasons why I joined the military and continue to serve is the focus on physical fitness. I need that discipline of exercise in my life especially as I grow older. I do physical training not just because I have to but because I want to. I do it for myself. I have always said that I have the heart of an athlete and the body of a preacher. After many miles of running, I still have the body of a preacher. Did you know that the Bible uses that image of running a race and compares that to serving God? The Apostle Paul wrote a letter to Timothy to encourage Timothy and the church. He writes these encouraging words in which he summarizes his faithful, long enduring relationship with God, "...I have fought the good fight, I have finished the race, I have kept the faith." Paul compared his life's work to that of running a race and he encourages the readers of this letter to finish strong. As I run two miles, I normally divide it into 4 quarters or 4 parts – the beginning quarter, the middle two quarters and the last quarter. The first quarter is the easiest as I spring forward full of encouragement. The last quarter is full of my adrenaline as I draw close to the finish. As I see the end, the end motivates me to finish strong. However, the most difficult part of any run for me is the 3rd quarter or the sixth lap of an 8 lap race. I'm too far from the beginning and I can't quite see the end. At this point, most runners have to draw from personal strength, determination and pride to get through that tough third quarter. For me, it takes lots of faith because I can't see the finish. My body is screaming to stop, but I cannot and I will not stop. I want to do my very best and finish the race. For many of us, we are right at the end of that 3rd quarter in our work here. We've started strong and the end is not quite in sight. May we draw upon our pride, our integrity and especially our faith to finish strong so that we too can say with Paul, "I have fought the good fight, I have finished the race, I have kept the faith." So next time you are running, perhaps you will remember that not

only is it good for your body but it can be good for your soul as well. Let's all finish God strong.

GARRISON ADDRESSES LEAD-BASED PAINT:

USAG-Yongsan officials confirmed potentially unsafe levels of lead-based paint during 9 April sampling at South Post government-leased quarters. Lead, a toxic metal, was used for many years in products found in and around American homes, including house paint. Many homes built before 1978 contain lead-based paint. It may cause a range of health effects, from behavioral problems and learning disabilities, and seizures. Children 6-years-old and under are most at risk, because their bodies are growing quickly. It is only immediately dangerous if the paint is chipping, peeling or flaking. Still, the Garrison will conduct tests of additional quarters to ensure your safety. The garrison is also distributing an informational flyer to on-post residents about the issue. While all Yongsan Garrison housing residents are provided an information brochure about the use of lead-based paint when signing for quarters, the community should be aware of potential dangers from lead-based paint. Off-post residents may also come into contact with lead-based paint because it is still widely used in the Republic of Korea. To report chipped or peeling paint in government quarters, contact the Garrison Housing Office at 738-8234. For additional information on lead-based paint visit the [Environmental Protection Agency web site](#).

AFN, AAFES CLARIFY DECODER ISSUES:

American Forces Network viewers who have an AFN decoder and satellite dish must make minor adjustments to their satellite decoders by April 25 to avoid losing AFN service. Customers should log onto <http://myafn.dodmedia.osd.mil> for instructions on making adjustments. AFN has established a customer service line at the Defense Media Center to guide customers through the process. Technicians are available 24-hours-a-day at (DSN) 312-348-1339 or (Commercial) 001-951-413-2339. The decoder adjustments are necessary to receive a better quality signal as the American Forces Radio and Television Service (which runs the DMC) improves its service for viewers in Korea and Japan. Most viewers will be able to accomplish the change relatively quickly. Customers who have problems adjusting their decoder are highly encouraged to contact technicians at the DMC for assistance before attempting to exchange their decoder. The DMC technician will determine whether the decoder is serviceable. In some cases, customers may need a new decoder but AAFES officials are prepared to assist those who need to make an exchange.

NEWS SHORTS

AUSA NOW ACCEPTING NOMINATIONS FOR THE VOLUNTEER FAMILY OF THE YEAR

AWARD: The Association of the United States Army (AUSA) is now accepting nominations for its 2007 Volunteer Family of the Year Award. With so many Soldiers deployed and families separated, this is an apt time to recognize volunteer contributions made in communities within the U.S. and overseas by those who give their time and energy to support Soldiers and families. Active duty, U.S. Army Reserve, Army National Guard, Army retiree, and Department of the Army families are eligible for the award. The winning family will receive a trip to Washington, DC for the AUSA Annual Meeting, a cash prize and a gift basket courtesy of Rubbermaid, AUSA and GEICO. Two runner-up families will receive a savings bond and gift basket. All nominated families will receive an Association coin and certificate. Nominations may be submitted through local AUSA Chapters, which may be located at: <http://www.ausa.org/chapters>. Each chapter may submit three nominations. Each nomination must include a completed nomination form with a point of contact, address and telephone number for the nominating chapter, and a 600-800 word narrative describing the nominated family's volunteerism, overall impact on the community and any awards received. Nomination forms and a sample narrative are available on the AUSA Family Programs web site at: www.ausa.org/family and must be received no later than 15 June 2007.

AREA I

BABY SHOWER IN MAY: The Area I Family Advocacy Program New and Expectant Parent Services is holding a baby Shower to celebrate the birth of your new Baby. There will be information, games and prizes. The shower is scheduled for 12 May 1330 to 1530, in the Community Activity Center Main Ball Room. To attend RSVP by 4 May to CPT Daisy Wilson at 730-6796, or daisy.wilson@us.army.mil.

VOLUNTEER RECOGNITION AND AWARDS

LUNCHEON: The 2nd Infantry Division and Area I Support Activity Volunteer Luncheon honoring volunteers of the 1st and 2nd fiscal year 2007 quarter and calendar year 2006 year winner and volunteer units of the 1st and 2nd fiscal year 2007 quarter and calendar year 2006 year winners will be held April 27 from 11:30 a.m. to 1 p.m. For more information call: 730-3183.

MOTORCYCLE BASIC RIDER COURSE AND EXPERIENCED RIDER COURSE:

The new MSF rider course will be held at Camp Mobile May 7-8. Class size is limited to 12 personnel. For more information call: 732-7032/7061.

AREA II

GOOD NEIGHBOR ENGLISH CAMP: The USFK Public Affairs office is looking for families in the Seoul area who would like to host Korean 10th grade Students during the upcoming Good Neighbor English Camp, May 15-19. (Below is an itinerary for the week's events.) Selected students, from Pyongtaek, Daegu and the Seoul area will spend five days living and interacting with Americans on Yongsan Garrison. The key element to the program is the opportunity for the students to stay in the homes of American Families. To sign up as a host family please forward a completed [Host Family Sign Up Form](#), to the USFK PAO office, paocr@korea.army.mil, or fax the form to DSN 723-4684, 02-7913-4684.

LIBRARY POETRY CONTEST: The Yongsan Library Poetry contest awards ceremony will be held April 30. Family members and friends of participants are invited. For more information contact the Yongsan Library.

CANCER AWARENESS EVENT: A Cancer Awareness Event is scheduled for May 19 at the Main Post Exchange. Company B, 168th Medical Battalion will have an educational booth with pamphlets and brochures that have educational information on Testicular, Cervical and Breast Cancer. There will be medical staff available for questions and concerns regarding cancer. For more information contact SPC Shannon Locklear at 725-7270.

APRIL SHOWERS: There will be an "April Showers" Community Baby Shower 1:30 to 3:30 p.m. Saturday for expecting parents and parents with infants under 2 months old. This event will be packed with gifts, games, a presentation on Shaken Baby Syndrome, other educational information and so much more! The Baby Shower is sponsored by the Pi Eta Zeta Chapter of Zeta Phi Beta Sorority, Inc. and the Association of the United States Army. For more information, call 738-5151.

AREA III

CYS TRANSITION WORKSHOP OFFERED:

Transitioning children from one school to another during PCS moves is difficult. The School Liaison and School Transition Office are there to help with Transition Workshops. The Transition Workshops assist military families with school transition issues. They help identify barriers to the academic success of Army family members (primary and secondary education), develop solutions, promote parent involvement by Army parents of school age children in their student's education, and development. For more information on the School Liaison Program, contact the local CYS office.

HEALTH AND SAFETY INFORMATION

FIGHTING SEXUALLY TRANSMITTED AND GASTROINTESTINAL DISEASE: A VACCINE UPDATE.

By Myron "House" McDaniels, M.D., Division Surgeon, 2d Infantry Division. Two more immunizations endorsed by the Center for Disease Control and Prevention are now available through the military medical system in Korea: Gardasil and Rotateq.

The Human Papillomavirus (HPV) is the most common viral sexually transmitted disease (STD) in the United States (Chlamydia is the most common bacterial STD in the U.S.). There are 40 different types of HPV, with two types (types 16 and 18) responsible for 70% of cervical cancer cases and two types (types 6 and 11) causing 90% of genital warts. Gardasil® is the name of the new vaccine designed to prevent HPV infection. It is currently indicated for females who are between 9 – 26 years of age and have not been exposed to HPV. The vaccine is given in three doses over a six month time period. Common side effects from Gardasil® include pain, swelling or redness at the injection site and fever.

Currently there is no vaccine for males to prevent HPV infection.

Rotavirus induces gastrointestinal disease and is the most common cause of severe diarrhea infection worldwide. The fecal-oral route is the most common method of transmission. Practicing good hand washing techniques is the #1 way to prevent the spread of most bacteria and viruses.

In the late 1990s Rotashield® was the first vaccine introduced to prevent rotavirus infection. It was quickly taken off of the market because it was linked to intussusception, a severe intestinal disorder that

sometimes requires surgical intervention. The vaccine now available to prevent rotavirus is Rotateq®. Rotateq® is an oral vaccine given to infants as a three-dose series from 6 to 32 weeks of age. Mild ailments due to the vaccine include temporary diarrhea and vomiting. However, Rotateq® has not been shown to increase the prevalence of intussusception.

Serious reactions to any vaccine are rare. Hives, difficulty breathing, chest pain, and heart palpitations are just a few signs and symptoms that may be caused by recent vaccine administration. Immediate medical care is warranted in these cases.

For additional information about vaccine-preventable diseases and immunizations, you may contact:

- Your healthcare provider
- The pharmacy department at the 121st CSH: 737-7993
- The Immunization Clinic: 737-8401
- Or go online at <http://www.cdc.gov/node.do/id/0900f3ec8005df1f>

Division Surgeon Office
DSN 315-732-7040/6020
myron.mcdaniels@korea.army.mil

EMERGENCY PHONE NUMBERS.

The emergency phone number can be accessed through any DSN phone on every camp by dialing **911**. To access 911 on your cell phone on: **CRC:** 031-870-9117, **Casey:** 0505-730-5906. **The Prostitution and Human Trafficking 2ID Hotline is:** 736-9333 or **KNP-** 02-723-0183. For Korean National Police call **112**. The **Sexual Assault Hotline** for active duty military victims of sexual assault and any uniformed members to provide input (anonymously if desired) to the **DOD Task Force on Care for Victims of Sexual Assault is:** 011-740-0479. A mental health care professional or chaplain will answer the Crisis Intervention Hotline. Dial H-E-L-P (4357) from any DSN phone or 0505-730-HELP from a cell phone or non-DSN phone.

NEWS FROM THE 2ID LEGAL EAGLES

TAX SEASON: Tax season is in full swing here in the Land of the Morning Calm. In an effort to assist you, Staff Judge Advocate sections across the peninsula have established Tax Assistance Centers at most installations. Information for Areas I, II, and III is available on the 2ID website. <http://www-2id.korea.army.mil/>

IDENTITY THEFT: *By CPT Candace White
Halverson, Legal Assistance Attorney*

Identity theft is a crime that occurs when someone else, without your permission, uses your personal information, like your name, social security number or credit card number to commit fraud or other crimes. The Federal Trade Commission (FTC) estimates that as many as 9 million Americans have their identities stolen each year. Identity theft is a crime that can have significant and long-term consequences for victims. Some identity theft victims spend hundreds of dollars and many days repairing the damage done to their good name and credit history. Some consumers victimized by identity theft have lost out on job opportunities or be denied loans for education, housing, cards because of negative information on their credit reports.

How Can I Protect Myself Against Identity Theft?

- Don't give out personal information on the phone, through the mail, or over the Internet unless you know who you are dealing with. Safeguard personal information in your home, especially if you are having service work done in your home, employ outside help or have a roommate.
- Review your financial accounts and read your billing statements regularly, looking for charges you did not make. For military families, this can be especially challenging if your mail does not follow you immediately when you deploy or PCS. If you review financial accounts online from a public computer, be sure to log off financial sites before you end your session.
- Review a combined copy of your credit report (all three reporting agencies) annually. Visit www.AnnualCreditReport.com to get a free copy of your credit reports and check them for any unexplained accounts opened in your name. If such accounts exist, write the credit reporting agency as soon as possible.
- Keep copies of all bank and financial statements for at least one year. These documents may help you resolve identity theft related disputes should you become a victim.
- If you are sending a check via mail, do not put it in your mailbox. Instead, drop it off at the post office or a USPS mailbox.
- When you order checks, do not put your signature block on them. Using your initial will not allow a thief to determine how you sign your names on your checks. NEVER have your social security number printed on your checks.
- Avoid "dumpster divers." Do not throw away important documents such as credit card receipts or pre-approved credit card applications. Shred these documents to ensure that thieves will not be able to use them against you.
- Look out for "shoulder surfers." These are people who look over your shoulder to get your PIN number while you are using an ATM. Be smart about passwords and PINs – memorize them instead of writing them down and carrying them with you. Avoid using easily available information like your mother's maiden name, your birth date, phone number or consecutive numbers.
- Keep a record of all of the information you carry in your purse or wallet. If it is ever lost or stolen, you will know who to call and cancel accounts.
- When you check out of a hotel that uses cards for keys, do not turn in the key. The cards contain all of the information you gave the hotel – including address, credit card numbers and expiration dates. Anyone with a card reader or employee of the hotel can copy your personal information from the card.
- Request an **Active Duty** Alert, which remains on your file for 12 months and removes your name from pre-approved screened offers of credit for two years.

What Do I Do If I Become A Victim Of Identity Theft?

- Notify your creditors that you have been a victim of identity theft and have them take appropriate action, canceling fraudulent the accounts.
- File a police report immediately and ensure that it contains specific details about the identity theft.
- Contact the FTC and file an ID theft complaint. The FTC has been charged with the responsibility of receiving, processing and referring complaints from individuals who

may have been victims of identity theft. For more information, please go to www.ftc.gov or call (877) ID-THEFT.

- Call the three national credit reporting agencies immediately to place a **fraud alert** on your name and social security number. Once the alert is placed, creditors will know that your information was stolen and will contact you before creating an account in your name.

Equifax Fraud Division	Experian Fraud Division	Trans Union Fraud Division
P.O. Box 740250 Atlanta, GA 30374 (800) 525-6285	P.O. Box 1017 Allen, TX 75013 (888) 397-3742	P.O. Box 6790 Fullerton, CA 96234 (800) 680-7289

- If an account has already been established fraudulently in your name, contact the creditor, inform them that you are a victim of identity theft and instruct them to close the account.

For more information on identity theft or any other legal issues, please contact the 2d Infantry Division Legal Center at 730-3660.

GOOD NEIGHBOR PROGRAM NEWS

MILITARY RANKS IN KOREA: In the Republic of Korea Armed Forces, ranks fall into one of four categories: commissioned officer, warrant officer, non-commissioned officer, and enlisted, in decreasing order of authority. Commissioned officer ranks are further subdivided into "JangGwan" level officers, "YeongGwan" level officers, and "WiGwan" level officers. The "WonSu" is appointed from the "DaeJang" who has distinguished achievements. However, there has been no one holding the rank of "Wonsu" in the history of the ROK Armed Forces. The English titles are given as comparative examples with the US Army ranks:

<u>JangGyo (Commissioned Officers)</u>	
WonSu	GEN of the Army
DaeJang	GEN
JungJang	LTG
SoJang	MG
JunJang	BG
DaeRyeong	COL
JungRyeong	LTC
SoRyeong	MAJ
DaeWi	CPT
JungWi	1LT

SoWi 2LT

JunSaGwan (Warrant Officers)

JunWi WO

BuSaGwan (Non-Commissioned Officers)

WonSa SGM

SangSa MSG

JungSa SFC

HaSa SSG

SaByeong (Enlisted)

ByeongJang SGT

SangByeong CPL

IlByeong PFC

IByeong PVT

MOUNTAIN DEOG-YU: Deogyusan is a mountain in South Korea; its highest peak is 1,614 meters above sea level. It stands on the border of Jeollanam-do and Gyeongsangnam-do, covering portions of Muju and Jangsu Counties in Jeollanam-do and Geochang and Hamyang Counties in Gyeongsangnam-do.

Deogyusan stands on the Baekdudaegan, the mountainous spine of the Korean Peninsula. It is comprised of numerous ridges which rise to various local peaks; the highest (by which the mountain's elevation is measured) is Hyangjeokbong.

Deogyusan is the cornerstone of Deogyusan National Park, established 1975. The attractions of the park include the Chiryeon Waterfall and Cheoksan mountain fortress. Approximately 250 animal species and 600 plant species are found in the Deogyusan area. An Amur Leopard was shot on Deogyusan in 1960, a few years before the species disappeared from South Korea.

FROM THE CHAPLAIN

Greetings and blessings to the Families serving alongside our Second to None soldiers! The Unit Ministry Teams of the 2ID are ready to serve you in a variety of ways and through a number of ministry opportunities. Chapels in all three of our Areas offer a wide variety of Services and many provide watch-care. Check with your chaplain or watch the Indianhead for the times and locations. Chaplains also offer the full spectrum of marriage, family and individual counseling services. Please contact your chaplain for an appointment. And there are programs like the ones that are highlighted below to support you. The chaplains and chaplain assistants are

trained and ready to meet your religious support needs...they are always "there for you!"

STRONG BONDS FAMILY MINISTRY AND

TRAINING. 2ID Chaplains (Area I, II, and III) are sponsoring a wonderful opportunity for couples assigned to the Division. Each month they will be offering the Strong Bonds Training at the Dragon Hill Lodge for up to 20 couples per Brigade. The event is built around classes where couples can learn skills needed to build and maintain life-long, healthy relationships! Chaplains provide a night at the Lodge and 4 meals along with 8 hours of training that will enhance each family's life. Plans are underway right now for these events beginning in April and running through June. Soldier-families interested are encouraged to contact their Brigade or Battalion Chaplain for details

OPERATION HELPING HAND. 2ID Chaplains and the Area Chaplain's Offices (I, II and III) have a program to support families in need of financial assistance. Operation Help Hand is available to provide assistance for food at the Commissary. Requests for support can be coordinated through the Soldier's Battalion Chaplain.

RELIGIOUS EDUCATION ON CRC AND CAMP

CASEY. Like Area's II and III, the 2ID Chaplains in Area I are now offering Family-focused religious education classes at the Warrior Chapel (CRC) and the West Casey Chapel (next to the Library on CP Casey). Classes include Sunday School (Bible Study); a Children's Church program for ages 4 thru 2nd Grade held during the Protestant Services; and a variety of study programs for Men and Ladies of the Chapel throughout the week. Contact your Chaplain for more information for Religious Education for the family.

CH (COL) Mike Durham
2nd Infantry Division Chaplain
DSN: 732-7998 (315-732-7998 outside Korea)
Cell: 010-6249-0396 (011-821-06249-0396 outside Korea)
"Bringing Hope and Care to Soldier-Families"

THE AMERICAN RED CROSS

VOLUNTEER POSITIONS OPEN AT CAMP CASEY

RED CROSS: Volunteers are needed by Red Cross in the following areas: Clinic Chairperson, Public Affairs Chairperson Caseworker, Emergency Interpreter CPR Instructor and more! Please call DSN 730-3184 to sign up or for more information.

CPR INSTRUCTOR TRAINING: The Camp Casey Red Cross is offering CPR Instructor certification. The classes are scheduled for 29 April, and 5 and 6 May 2007. Training lasts all three days. Those interested must have a current CPR certification. Please call 730-3184 for additional information and to pre-register.

TRAINING OPPORTUNITIES

ADVOCACY PROGRAM: Area I Advocacy Program Education/Preventive Services include New Parent Support activities and classes, Crisis Intervention and Referrals, Stress and Anger Management classes, Command/Troop Briefings, and other parenting classes. The overall goal of the Advocacy Program is to promote effective healthy family functioning, reduce family stress, and eliminate violence through education and support programs. The three components of Family Advocacy are Education/Prevention, Intervention and Treatment. To address any questions or for training dates and times please call 730-3150.

SPOUSES TO TEACHERS AVAILABLE IN THE

PACIFIC: The Spouses to Teachers program is now available to military spouses stationed in the Pacific. This program is a Department of Defense project designed to assist spouses of active duty and reserve component members to become public school teachers and was originally piloted in: California, Colorado, Florida, Georgia, Kansas, Louisiana, Nebraska, Nevada, New Mexico, North Carolina, South Carolina, Texas, Utah, and Virginia. The program provides counseling and guidance on state specific certification requirements, certification options, scholarships available, and state employment resources. Up to \$600 is also available via a voucher process to reimburse the cost of testing fees associated with teacher certification/licensure. This is the second expansion overseas following a successful launch in Europe in 2006 where 100 spouses are currently registered and working on degree completion and teacher certification requirements. The Spouses to Teachers program is managed by the Defense Activity for Non-Traditional Education Support (DANTES). For more information visit the web site at:
<http://www.spousestoteachers.com/>.

USFK REGULATION 614-2 – IN-PROCESSING

ORIENTATION PROGRAM: On 11 January 2007, USFK released an updated Reg 614-2 Inprocessing Orientation program. This regulation establishes policies and procedures for orienting all USFK personnel on certain subject areas to facilitate in-

processing and transition to their assignment in Korea. This regulation also provides guidance on Spouse Orientation. Spouses are now required to attend in-processing to receive essential information about living in Korea, including their obligations under the US-ROK (United States-Republic of Korea) Status of Forces Agreement. Only spouses who have attended in-processing will be eligible for a permanent ration card.

Area I conducts Spouse orientations twice monthly from 0900 to 1700. The classes are held; at the Camp Casey ACS on the 2nd and 4th Tuesday and at Camp Red Cloud ACS on the 3rd Tuesday. The Camp Red Cloud ACS has child-care available. Pre-registration is requested by calling ACS at 730-3107 or 732-7779.

Area II conducts Spouse orientation Seminars on the 3d Monday of the month at the Yongsan ACS. Classes last from 0900 – 1100. For additional information call

Area III holds their Spouse orientation Seminars at Camp Humphreys on the 3d Tuesday and Wednesday monthly at the Humphreys CAC, Bldg 110, starting from 0800 – 1300. To register, confirm future dates, times or for other information on SOS, call 753-8401.

The full regulation is available at the USFK public website. http://www-hr.korea.army.mil/Programs_Policy/PublicationsRecords/Regulations/USFK/USFK%20Reg%20614-1%20Military%20Command%20Sponsorship%20Program.pdf

FRG LEADER TRAINING: Training is available for FRG Leaders, both online and at Army Community Services. This training is intended to offer support, assistance, and training to FRG Leaders, no matter your geographic location or schedule. Leading an FRG focuses on four main areas: Managing, Leading, Connecting, and Empowering. These four leadership rings overlap, and Army Soldiers and families are the core and primary focus of the FRG. Online training is available at MyArmyLifeToo.com. Live training is offered by each garrison ACS. For details contact: USAG-Yongsan Les Toth, ACS Director, 738-5153.

MONTHLY LANGUAGE CLASSES: Area II Army Community Services offers monthly Korean and English language classes. In addition to level I & II classes in both languages, Basic English Conversation and Basic English Grammar are offered. For information or to register, call 738-7505/723-6810.

LOOKING FOR WORK: Family Child Care provides work and life options for individuals residing on-post looking to earn an income while staying home. Individuals living in on-post quarters are authorized to care for up to 6 children (including their own). The FCC program offers free training, monetary subsidies, a lending closet and technical and morale support. For more information on how to become a Family Child Care provider, please contact your local ACS office or DSN 725-3205.

AMERICAN RED CROSS: The Red Cross offers training in a wide variety of subjects. For information or to register please call DSN 730-3184 to sign up or for more information.

7, 8, 9, 10 May, 0900-1700, CPR/First Aid/AED Instructor, Red Cross Moyer Bldg 2259, Yongsan

Tuesday, May 8, 10AM-12 Noon—Orientation to Red Cross—Red Cross Office Camp Casey

Wednesday/Thursday, 9 and 10 May, CPR/First Aid/AED, 1730-2130 both days, Red Cross Moyer Bldg 2259, Yongsan

Friday, 11 May, 0800-1700, CPR/First Aid/AED, Red Cross Bldg S262, Camp Humphreys

Friday, 11 May, 0900-1700, Babysitting Instructor Training, Red Cross Moyer Bldg 2259, Yongsan

12 May, 0900-1600, Babysitting, Red Cross Moyer Bldg 2259, Yongsan

Saturday, May 19 9AM-5PM—CPR and First Aid Training—ACS Classroom, Camp Casey

Saturday, 19 May 0900-1700, CPR/First Aid/AED, Red Cross Moyer Bldg 2259, Yongsan

Saturday, June 2, 9AM-5PM—CPR and First Aid Training—ACS Training Room, Camp Red Cloud (call 732 6160)

Saturday, June 9, 9AM-5PM—Babysitter's Training (Youth ages 10-16), ACS Training Room, Camp Casey

Tuesday, June 12 10AM-12 Noon—Orientation to Red Cross-Red Cross Office Camp Casey

Saturday, June 16 9AM-5PM—CPR and First Aid Training—ACS Classroom, Camp Casey

Lifeguard Training is also coming soon!

Advance registration is required for all classes
 Camp Casey 730-3184
 Camp Humphreys 753-7172
 Yongsan 738-3670

Red Cross Casey is also looking at Disaster Services Training late May to mid June time frame. If anyone is interested, please call Red Cross at Camp Casey, 730-3184.

FAMILY READINESS GROUPS: Family Readiness is the state of preparedness and a key component of mission readiness. 2ID/ Area 1 has established CARRR (Commanders Academy for Readiness, Retention, & Resilience) to facilitate education, training and communication. CARRR convenes quarterly and highlights various areas of Family Readiness. Utilizing Operation READY, AFTB and agency presentations, this forum equips Commanders and FRG Leaders with tools to sustain mission readiness. Questions for dates and times call 730-3143.

UPCOMING DIVISION EVENTS

<u>Event</u>	<u>Location</u>	<u>Date</u>
FRG Steering Committee Meeting	Div Conference Room	24-Apr
2-9 English Classes	Aeshin Children's Home	25-Apr
1BSTB 2nd Annual BN Dining Out	Camp Hovey	27-Apr
4-7 CAV Squadron FRG meeting	Camp Hovey, 4-7 Cav HQ	27-Apr
1BSTB FRG Meeting on Relocation	Camp Hovey, 1BSTB DFAC	3-May
302nd BSB FRG Meetings	Camp Hovey, Bn Conf. Rm	3-May
1-15 FA BN FRG Mtg- NEO Exercise Preparation	Camp Hovey	3-May
2-9 FRG Briefing Iron Focus II	Camp Casey, Battalion Area	10-May
2-9 Bonfire and Wienie Roast	Camp Casey, Battalion Area	12-May
HHC/1-72 Family Cookout	Camp Casey, Company Area	12-May
FRG Advisory Council Meeting	CRC, Conference Room	13-May
2-9 BN FRG Leadership Meeting	Camp Casey, Battalion HQ	16-May
4-7 CAV Squadron FRG meeting	Camp Hovey, 4-7 Cav HQ	23-May
6-37 FA CoC	H-221, Camp Casey	7-Jun
164 ATS De-activation Ceremony (Tentative)	K16	12-Jun
ADC(S) Patch Ceremony	CRC, Village Green	13 June
C/1-72 Family Cookout	Camp Casey, Company Area	15-Jun
1-2 ATK CoC (TENT)	Camp Eagle	15-Jun
Chief of Staff's Patch Ceremony	CRC, Village Green	19 June
3-2 GSAB CoC	Camp Humphreys	21-Jun
1BSTB CoC	H-221, Camp Casey	22-Jun
2-9 English Classes	Aeshin Children's Home	27-Jun
4-7 Cav CoC	H-221, Camp Casey	27-Jun
604th ASOS CoC	CRC, Theater	29 June
2ID FRG Meeting	CRC, CG's Mess	29-Jun
702d BSB CoC	H-221, Camp Casey	3-Jul
210th Fires Brigade CoC	H-221, Camp Casey	10-Jul
ADC(M) Patch Ceremony	CRC, Village Green	11 July
FRG Steering Committee Meeting	CRC, CG's Conf Room	11 July
1-38 FA CoC	H-221, Camp Casey	12-Jul
602d ASB CoC	Camp Humphries	24-Jul

Warrior Country Christmas in November

Yongsan

4-Nov

HELPFUL WEBSITES

United States Forces Korea (USFK)	http://www.usfk.mil/USFK/index.html
Eighth United States Army (EUSA)	http://8tharmy.korea.army.mil/
2nd Infantry Division	http://www-2id.korea.army.mil/
IMA Korea Region	http://ima.korea.army.mil/imakoroweb/sites/local/
Yongsan Garrison Web site	http://yongsan.korea.army.mil/
TRICARE Website	http://www.tricare.osd.mil/
Army Families Online:	http://www.armyfamiliesonline.org/
Military OneSource	http://www.militaryonesource.com
Military Homefront	http://www.militaryhomefront.dod.mil/
My Army Life Too	http://www.myarmylifetoo.com
US Embassy Seoul	http://seoul.usembassy.gov/
US Bureau of Citizenship and Immigration Services	http://www.uscis.gov/graphics/index.htm
Dragon Hill Lodge	http://www.dragonhilllodge.com/main.html

America Supports You is a nationwide program launched by the DoD that recognizes citizens' support for our servicemembers.
<http://www.americasupportsyou.mil>

Give the gift of groceries - enables donations of commissary gift certificates to military families. To order by phone, call 1-877-770-4438, or check out the commissary Web site to order online.
<http://www.commissaries.com/certifcheck/index.cfm>

Gifts from the Homefront - makes Military Exchanges available to servicemembers serving around the world. The program enables donors to send a gift certificate to a military family.
<http://www.aafes.com/docs/homefront.htm>

U.S. Army Wounded Warrior Program - To support wounded servicemembers, visit the U.S. Army Wounded Warrior Program. This program was established in April 2004 to help wounded veterans and their family's transition to civilian life. Part of this program includes the Veteran Service Organizations (VSOs), which offer support to families. These organizations include the Veterans of Foreign Wars, American Legion, Disabled American Veterans, Paralyzed Veterans of America Association, and others. The assistance offered by each organization

differs. A listing of these organizations' Web sites can be found on the AW2 Web site.
<https://www.aw2.army.mil/>

The Fisher House Foundation - offers families of wounded servicemembers a place, close to the Military Medical Facility, to stay while their loved-one is being treated. <http://www.fisherhouse.org/>

Operation Purple - is an opportunity to support children of deployed servicemembers. Check out "Operation Purple" Summer Camps, which are sponsored by the National Military Family Association at <http://www.nmfa.org>. Operation Purple is open to the children of all branches of service including National Guard and the reserve. The camp is free and enables children an opportunity to attend summer camps with other military children with a shared experience. The camps' counselors help the children learn how to cope with their feelings.

FLO NOTES: The Family Liaison Office newsletter, FLO Notes, provides information useful to military families. It is published monthly by the Well Being Liaison Office in the Army G1. To subscribe to the newsletter, send a blank email to the newsletter coordinator, Kristin.kilbane@hqda.army.mil, with "Subscribe to FLO Notes" in the subject line.

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